Building Mental Toughness

Learn the lessons from the Navy's hardiest, toughest and strongest breed- the Navy SEAL's! They practice mental fitness so that they are ready to face whatever comes their way! Here are the tried and true strategies that they use daily!

<u>Put Shipmates First</u> Belong to the team, fit it, and be altruistic and responsible! Look out for and help your shipmates and your command!

<u>Breathing</u> Suck in several belly, gut filling breaths… Count four seconds with each inhale and exhale. The diaphragmatic breathing helps relax the body and the mind. It distracts, changes the focus and gives you control!

<u>Thinking</u> Everyone has negative and bad thoughts from time to time… Such as throwing in the towel, blowing it or failing… Do not let that thinking bother you as it usually happens to the best of us! Release and let those thoughts go… Move on to the next thoughts which are usually more positive and constructive and focus upon them!

<u>Address Fears</u> We all get afraid and scared - it is part of the human experience… Reaching out to others and talking and sharing is important! Fear gets wired into our brains… The Good News is that we can overcome past experiences and learn new positive memories. By repeating an action over and over we are developing a new experience and habit! This helps us overcome fears! So face it and recondition yourself to control and master it!

<u>Mental Walk Through</u> Training before something occurs makes a difference! We can coach our self through an upcoming experience! Think about as many details as you possibly can- sounds, smells, sights, tastes… Practice walking through the different operations and experiences. This builds confidence, mental conditioning, and

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